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The overarching goal of this series of interconnected studies is to increase our understanding of the scope and nature of perinatal mood and anxiety and disorders. This research includes the first ...

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Depression and Anxiety During the Perinatal Period

Targets of psychotherapeutic interventions include not only coping with the core symptoms and associated problems such as depression and anxiety, but also probable consequences such as low self ...

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Psychotherapy in Adult Attention Deficit Hyperactivity Disorder

An increased number of calls have been coming into the Mental Health America of Augusta office this month related to depression and anxiety ... tips, and worksheets are set up to help ...

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Mental Health America of Augusta launches Mental Health Month messaging

But surveys have shown that Americans are experiencing elevated levels of stress and anxiety, which ... author of "Panic Attacks Workbook: A Guided Program for Beating the Panic Trick." ...

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Heart pounding, body sweating, thoughts racing? It might be a panic attack. Here's what to do.

“Stress and anxiety have a major impact on what we call ‘gut motility,’ especially during COVID,” says Ashish Malhotra, M.D., a gastroenterology specialist at ProHealth Physicians in ...

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A Little Backed up? Here Are 14 Ways to Poop Fast and Make Constipation a Distant Memory

Feelings like worry, fear, anxiety and even anger are the result of loss of income, isolation, the stress of homeschooling, the fear of the unknown, are impacting more on our minds and emotional ...

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Self-care in uncertain times

"We already have public disclosure of all textbooks, software, workbooks, maps, etc, that come through the State Department of Public Instruction, and every local school district - I think it's ...

State GOP lawmakers want school

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materials listed online

He was already scared to go out in public, and this pandemic has made his anxiety increase tenfold. Besides working with his therapists and teachers, what else can I do for him to adjust to this ...

'My Son Misses School Without

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Masks'—How Parents of Kids With Autism Can Help Their Kids Adjust to Our New Normal

generalized anxiety disorder, adjustment disorder, self-harm, substance abuse, overdoses, OCD, ADHD and tic disorders. Breon's workbook provides tools such as the Emotion Color Wheel ...

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Local artist writes poetry, play for teens struggling with depression

And yet we know that this illness is very recoverable, people can get better from perinatal depression and anxiety and go on to live really happy, fulfilled lives with their families," Gibson said.

Deb Knight opens up about the toll

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infertility can take on mental health: 'Isn't the magic bullet'

"Omg I give you so much respect. I have anxiety going with one five year old to the store by myself," one fellow parent commented. "I thank you as a mum for having a clean vehicle," another mum ...

Mum divides opinion with roadtrip

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hacks: 'It's too much'

There is a book open about wilderness medicine. There are other books on the shelf with such titles as “The Anxiety and Worry Workbook” and “The Healthy Mind Toolkit” and “The Mood Cure.” ...

The inside life of Bryon Powell, Colorado's trail running maestro

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According to data from the U.S. Census Bureau and the National Center for Health Statistics, one in three Americans is dealing with symptoms of stress or anxiety. A recent study from Oxford ...

GUEST COLUMN: The state of our mental health after a pandemic

“This past year with the pandemic, I

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think part of the reason may be because there's been less socialization during this time and there is also more anxiety." For a look at the Allen County

...

COVID Baby Boom turns bust as birth rates decline

"People who have been through a

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traumatic event can experience anxiety, worry or insomnia,” said Tom Coderre, the acting Assistant Secretary for Mental Health and Substance Use and the interim ...

Disaster Distress Helpline provides immediate crisis counseling for those affected by Indianapolis mass

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shooting

Some pets, especially dogs, have to battle anxiety when thunderstorms pass through. Pets that have a more nervous personality tend to struggle when storms arrive. Julia Willson, President ...

Weather Wednesday: Helping pets through severe weather season

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Tottenham chairman Daniel Levy said the club regretted the “anxiety and upset” caused by the proposal. Chelsea confirmed they have “begun the formal procedures for withdrawal from the group ...

Six Premier League teams withdraw from European Super League

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Nonetheless, the conviction of ex-cop Derek Chauvin for murdering George Floyd nearly a year ago allowed many across this city and the nation to exhale pent-up anxiety — and to inhale a sense of ...

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